

Ham and Peas

Baked ham and peas can be made with cheese, cracker crumbs, or a variety of vegetables and spices. This can be a simple dish, or as complex as desired. Gluten free pasta can be boiled ahead of time and added to make this a special casserole. Uncooked gluten free pasta does not bake well, so boil either to done, or almost done, before baking. A great leftovers dish that can be adjusted based on need and available ingredients. Without noodles, this dish is easily frozen in individual servings for chilly winter days. Perfect for days you just don't want to eat.

Pre Cook Preparation:

- A. Timer set to thaw meat for about 2 hours
- B. Timer set to the time to begin preparation prior to cooking
- C. Timer set for 1 hour later, when meal should be ready to eat

Meal Adaptations:

Physical Accommodations:

- Frozen or canned vegetables can be used
- Long oven mitts and oven rack puller
- Sit on a stool while stirring

Visual Accommodations:

- Colored chopping boards

Potential Food Allergy or Intolerance:

- Bacon bits
- Bread crumbs (gluten)
- Butter (lactose)
- Cheese (lactose)
- Crackers (gluten)
- Ham
- Mushrooms
- Noodles (gluten)
- Pepper
- Spices

Meatless Preparation Avoid:

- Bacon bits
- Butter
- Ham
- Substitute with: _____

Utensils:

- Chopping board
- Fork
- Knife
- Pot holders
- Spoon
- Pan: 2.5 quart oblong oven safe baking pan with lid

Ingredients:**Meat:**

2 cups of diced ham

Vegetables:

4 ounces of mushrooms

15 ounces of peas

Other ingredients:

1 tablespoon of butter

Dash of salt

Spices, such as pepper, to taste

Optional:

2 cups noodles (gluten free)

1/3 to 1/2 cup of shredded cheese

1/3 cup of cracker crumbs (gluten free), or

1/3 cup of bread crumbs (gluten free)

Preparation time: 10 minutes

Preparation:

1. Dice 2 cups of ham.

2. Pre Cook noodles.

3. Drain noodles.

4. Break or chop:

Optional:

1/3 to 1/2 cup of shredded cheese

1/3 cup of cracker crumbs (gluten free), or

1/3 cup of bread crumbs (gluten free)

5. Add to a 2.5 quart oven safe pan:

1 tablespoon of butter

2 cups of diced ham

4 ounces of mushrooms

15 ounces of peas

Dash of salt

Spices, such as pepper, to taste

6. Stir gently.

7. Sprinkle additional optional ingredients:

Optional:

2 cups noodles (gluten free)

1/3 to 1/2 cup of shredded cheese

1/3 cup of cracker crumbs (gluten free), or

1/3 cup of bread crumbs (gluten free)

8. Cover and place in oven.

Cook Temperature: 350 degrees

Cook Time: 1 hour

Servings: 4 to 6

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

- 1. Place in a microwave safe dish (not plastic).**
- 2. Heat until food is fully hot and reaches a safe temperature.**
- 3. Minimum 2 minutes.**

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

- 1. Place food in frying pan.**
- 2. Add enough water to almost cover food.**
- 3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.**

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

- 1. Place in oven safe pan.**
- 2. Add a little water.**
- 3. Heat until thoroughly warm, about 20 minutes.**

Add your oven time here: _____.